

Botanicals/Herbs

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# Rhodiola

## 500 mg

Adaptogenic Herb\*

- 3% Standardized Extract
- Helps Body Adapt to Stress of Daily Life\*

60 Veg Capsules

A Dietary Supplement    Vegetarian/Vegan



**Suggested Usage:** Take 1 capsule 1 to 2 times daily on an empty stomach.

Rhodiola (*Rhodiola rosea*) is indigenous to the Arctic and Alpine regions of Europe, Asia and America and has long been used as a tonic by many cultures, including the Ancient Greeks. Rhodiola is generally known as an "adaptogen," a term which refers to any agent possessing the ability to support the body's natural capacity to adapt to life's changing conditions.\* NOW® Rhodiola is standardized to 3% total rosavins and 1% salidroside.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Caution: For adults only. Not recommended for pregnant/nursing women. Consult physician if taking medication or have a medical condition. Keep out of reach of children.

CAPSULE SIZE

CODE 4754 V9



## Supplement Facts

Serving Size 1 Veg Capsule

### Amount Per Serving

Rhodiola Extract ( <i>Rhodiola rosea</i> ) (Root)	500 mg*
(Standardized to min. 3% Total Rosavins and min. 1% Salidroside)	

\* Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Microcrystalline Cellulose, Magnesium Stearate (vegetable source) and Silica.

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA    nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.